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Congratulations on the purchase of your new microwave oven

Thank you for having chosen an Electrolux product. We are convinced that you will find your new microwave oven very useful and that it will be of great help to you.

As with all new kitchen appliances, it will take some time to learn all the new functions and features, but with time, this oven will become indispensable to you.

Before using your microwave oven

Read through the instruction manual carefully.
In order that you can get the best from your new Electrolux microwave oven, the following instructions have been prepared. Please make sure you read them carefully.
It is important that this instruction book is retained with the appliance for future reference. Should the appliance be sold or transferred to another owner, or if you move house and leave the appliance, always ensure that the book is supplied with the appliance so that the new owner can become acquainted with the functioning of the appliance and the relevant warnings. Please ensure you have read the whole instruction book before using the appliance and that you follow the recommendations given.

Heatwave System©

Heatwave System

Heatwave System© is an advanced and revolutionary microwave distribution system, ensuring even and uniform cooking, defrosting and reheating.
Technically, this is achieved by re-positioning the microwave-generating component – the magnetron – to feed directly into the cavity. The result is that microwaves spread smoothly to reach all parts of the cavity.
Heatwave© ensures an even heat distribution across and throughout the food.

Safety instructions

- The built-in safety interlock switches prevent the microwave oven from operating when the door is open.
- Do not tamper with them, or attempt to operate the oven with the door open as open door operation can result in exposure to microwave energy.
- Do not allow food spills or cleaner residue to accumulate on door sealing surfaces. See the Cleaning and Care section for cleaning instructions.
- It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (warped), (2) hinges and latches (broken or insecure), (3) door seals and sealing surface.

⚠ If the door, hinges/latches or door seals are damaged, the microwave must not be operated until it has been repaired by a authorized service person.

⚠ It is hazardous for anyone except factory trained service personnel to service or make adjustments to this oven. Contact your nearest authorised service agent if service should be required.

- Do not remove the outer case, door or control panel at any time. Doing so may cause exposure to extremely high voltage.
- Install or locate this oven only in accordance with 'installation instructions' found in this manual.
- Use the appliance for its intended use as described in this manual. Do not use corrosive chemicals in this appliance. This type of oven is specifically designed to heat, cook, or defrost food. It is not designed for industrial or laboratory use neither for commercial use as this will invalidate the guarantee.
- Do not operate the oven empty. If food or water is not present to absorb the microwave energy, the magnetron tube can be damaged.
- Do not store this appliance outdoors. Do not use this product near water.
- Do not attempt to dry clothing or newspapers in the microwave oven. These items can ignite.
- Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

⚠ If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames. Never use water.

⚠ Only allow children to use the microwave without supervision when adequate instructions have been given so that the child is able to use the microwave in a safe way and understand the hazards of improper use.

Utensil safety

- Most glass, glass ceramic and heat-resistant glassware utensils are excellent for use in the microwave oven. Although microwave energy will not heat most glass and ceramic items, these utensils can become hot as heat transfers from the food to the container. The use of oven gloves to remove dishes is recommended.

Testing suitability of cookware

- Place the cookware in the microwave along with a glass half full of water. Heat on **Hi W(900W)** (100%) for one minute. If the cookware feels hot, you should not use it. If it is just slightly warm, you can use it for reheating but not for cooking. If the dish is room temperature, it is suitable for microwave cooking.
- Paper napkins, wax paper, paper towels, plates, cups, cartons, freezer wrap and cardboard are great convenience utensils. Always be sure containers are filled with food to absorb energy and thus avoid the possibility of overheating.
- Many plastic dishes, cups, freezer containers and plastic wraps may be used in the microwave oven. Follow manufacturer's instructions when using plastics in the oven. Avoid using plastic utensils with foods that have high fat or sugar content since these foods reach high temperatures and could melt some plastics.
- Do not leave oven unattended, and look at it from time to time when heating or cooking food in plastic, paper or other combustible containers. If smoke is observed, keep door closed, switch the oven off or disconnect oven until smoke stops.

- Metal utensils and utensils with metallic trim should not be used in the microwave oven, unless specifically recommended for microwave use.
- Containers with restricted openings, such as bottles, should not be used for microwave cooking.
- Use caution when removing a lid or cover from a dish to avoid steam burns.

Foil containers

Shallow foil containers may safely be used to reheat foods in your microwave oven providing the following rules are observed:

1. Foil containers should not be more than 3 cms (1 1/4”) deep.
2. Foil lids must not be used.
3. The foil containers must be at least two-thirds full of food. Empty containers must never be used.
4. Foil containers should be used singly in the microwave oven and should not be allowed to touch the sides. If your oven has a metal turntable or cooking rack, the foil container should be placed on an upturned oven-proof plate.
5. Foil containers should never be re-used in the microwave oven.
6. If the microwave oven has been in use for 15 minutes or more, allow it to cool before using it again.
7. The container and turntable may become hot during use, take great care when removing either from the oven. It is advisable to use an oven cloth or glove when doing so.
8. Remember when using an aluminium foil container that the reheating or cooking times may be longer than you are used to, always ensure that the food is piping hot before serving.

Food safety

- Do not heat food in a can in the microwave oven. Always remove the food to a suitable container.
- Deep fat frying should not be done in the microwave oven, because the fat temperature cannot be controlled, hazardous situations can result.
- Popcorn may be prepared in the microwave oven, but only in special packages or utensils designed specifically for this purpose. This cooking operation should never be unattended.
- Pierce foods with non-porous skins or membranes to prevent steam build-up and bursting. Apples, potatoes, chicken livers, and egg yolks are examples of items that should be pierced.
- The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

⚠ When heating liquids, e.g. soups, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

1. Avoid using straight-sided containers with narrow necks.
2. Do not overheat.
3. Stir the liquid before placing the container in the oven and again halfway through the heating time.
4. After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

⚠ Some products such as whole eggs and sealed containers – for example, closed glass jars – may explode and should not be heated in this oven. Occasionally, poached eggs may explode during cooking. Always pierce the yolk, then cover and allow the standing time of one minute before removing cover.

Keep these instructions!

⚠ Safety instructions when cooking with grill

1. The glass viewing window may break if water is spilled on it during grilling.
2. Be sure to use an oven glove when loading and unloading the oven. Containers get very hot in the oven, so be careful not to burn yourself. The turntable and metal rack also get very hot so be sure to use an oven glove when handling them.
3. Do not touch the inner or outer viewing window with metal components when loading or unloading the oven. The inside of the door and oven get very hot so take care when attending food in the oven.
4. Do not put the turntable or containers in cold water or try to cool them quickly after use.
5. Do not place items on top of the cabinet. The top of the cabinet gets very hot, so anything placed on it may be damaged by the heat.

It is quite normal for steam to be emitted around the door, or for misting to occur on the door, or even for water droplets to appear below the door during the cooking cycle. This is merely condensation from the heat of the food and does not affect the safety of your oven. The door is not intended to seal the oven cavity completely.

- Do not force the turntable to rotate by hand. This may cause malfunctioning.
- Arcing in the oven during microwave operation usually occurs from use of metallic utensils. Continuous arcing, however, can damage the unit. Stop the programme and check the utensil.
- Care should be taken not to obstruct any air vents located on the top, rear, side and bottom of the oven.

Do not use this oven for commercial purposes.
This oven is made for domestic use only.

Unpacking

N.B. When you unpack the oven, check that the product is free from damage. Damage or any missing parts must be reported immediately to the retailer. The oven, parts of the oven or the accessories may be wrapped by a protection foil. If so, you must remove this foil before using the oven. Do not leave packing material so that small children can play with it. This can be hazardous.

Technical data

Building in kit		MF23
Hanging kit		HK2
Overall dimension	Width	497 mm
	Depth	345 mm
	Height	322 mm
Cavity	Width	304 mm
	Depth	304 mm
	Height	247 mm
Volume		23 litre

Power source	230–240 V, 50 Hz
Fuse	10A
Power consumption	2600W
Power Output	900W
Browner/Grill	1200W
Weight	17.2 kg

CE

Installation

1. Remove any promotion label from the door.
2. This oven can be used as a free standing oven or built-in, into a kitchen cabinet using kit number MF23 or HK2. To install the oven in a kitchen cabinet follow the instructions supplied with the building-in kit.
   The oven should be installed on a flat, level surface. The surface must be strong enough to safely bear the weight (17.2 kg) of the oven, and the contents. To avoid the possibility of causing vibration or noise the oven must be in a stable position.
3. Keep the oven away from heat and water.
   Exposure to heat and water can lower oven efficiency and lead to malfunctioning, so be sure to install the oven away from heat and water sources.
4. Do not block air vents on the top and the sides of the cabinet and also do not place any articles on the top of the oven. If air vents are blocked during operation, the oven may overheat, and this may lead to malfunctioning. Hot air escapes from the vents, so be sure not to obstruct it or let curtains come between the oven and the rear wall.
5. Place the oven as far away from radios and TV's as possible. This oven does conform to EEC requirements of radio interference suppression, but some interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.
6. If positioned in a corner, leave a gap of at least 5 cm from the walls and 5 cm above the microwave.

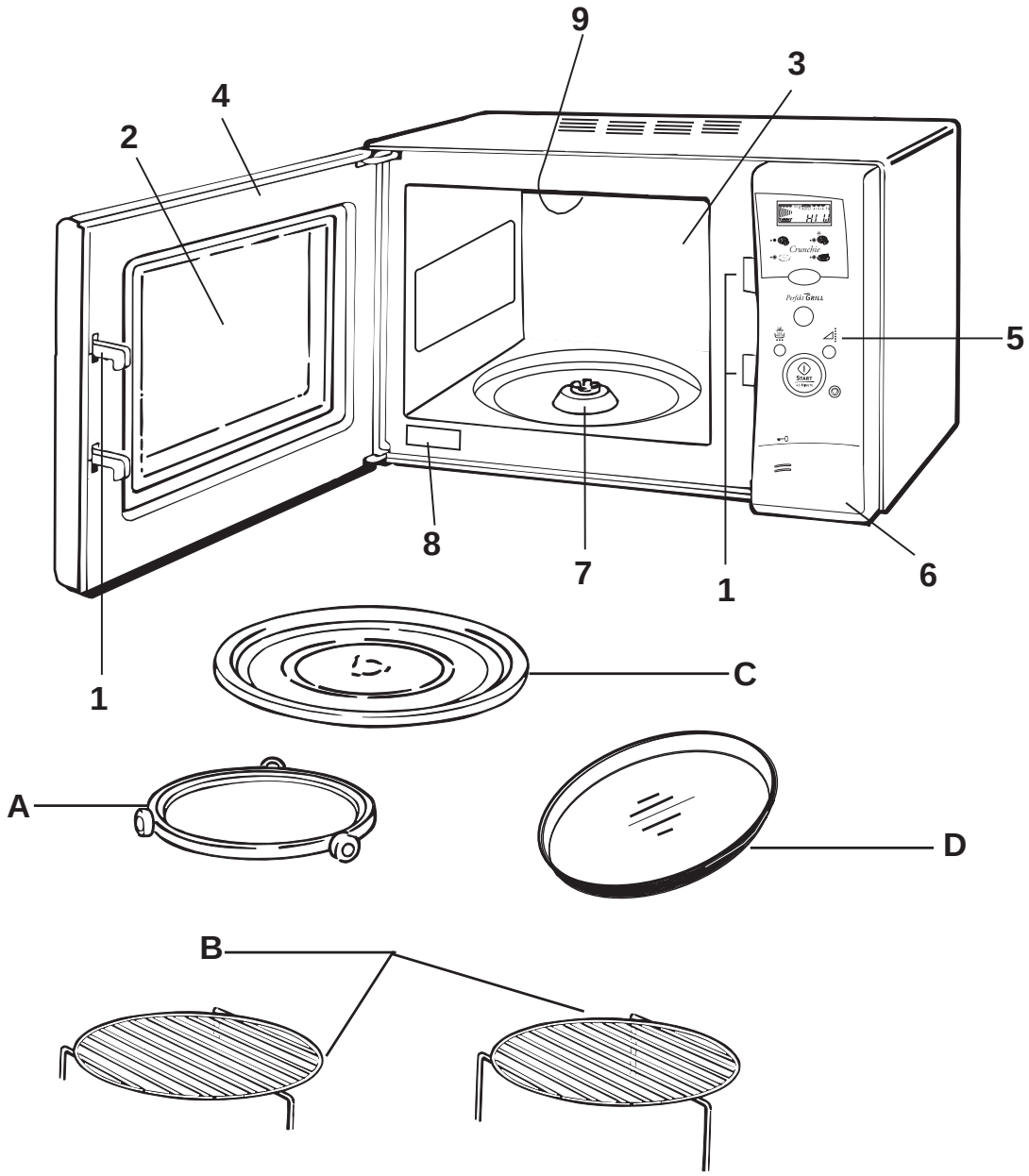
IMPORTANT! The oven can be placed almost anywhere in the kitchen. Make sure the oven is placed on a flat, level surface and that vents as well as the surface underneath the oven are not blocked (for sufficient ventilation).

Connecting to the mains

The oven is delivered with the power cord and a plug for 230–240 V, 50Hz, earthed socket outlet.
Earth protection minimizes the risks should a short circuit occur. Check to ensure the voltage of the oven matches the supply.
N.B. If the oven is connected to the socket via an extension cord, make sure the cord is earthed.

⚠ **This appliance must not be used on a non-earth protected power supply. Contact an electrician if you are uncertain regarding electrical connection of the oven or provision of earth protection of the supply.**
This appliance must be earthed. If this appliance is fitted with a non-rewireable plug for which your socket is unsuitable, the plug should be cut off and the appropriate plug fitted. If it is necessary to change the fuse in a non-rewireable plug, the fuse cover must be refitted. If the fuse cover is lost or damaged, the plug must not be used until a replacement is obtained.

The microwave oven and accessories

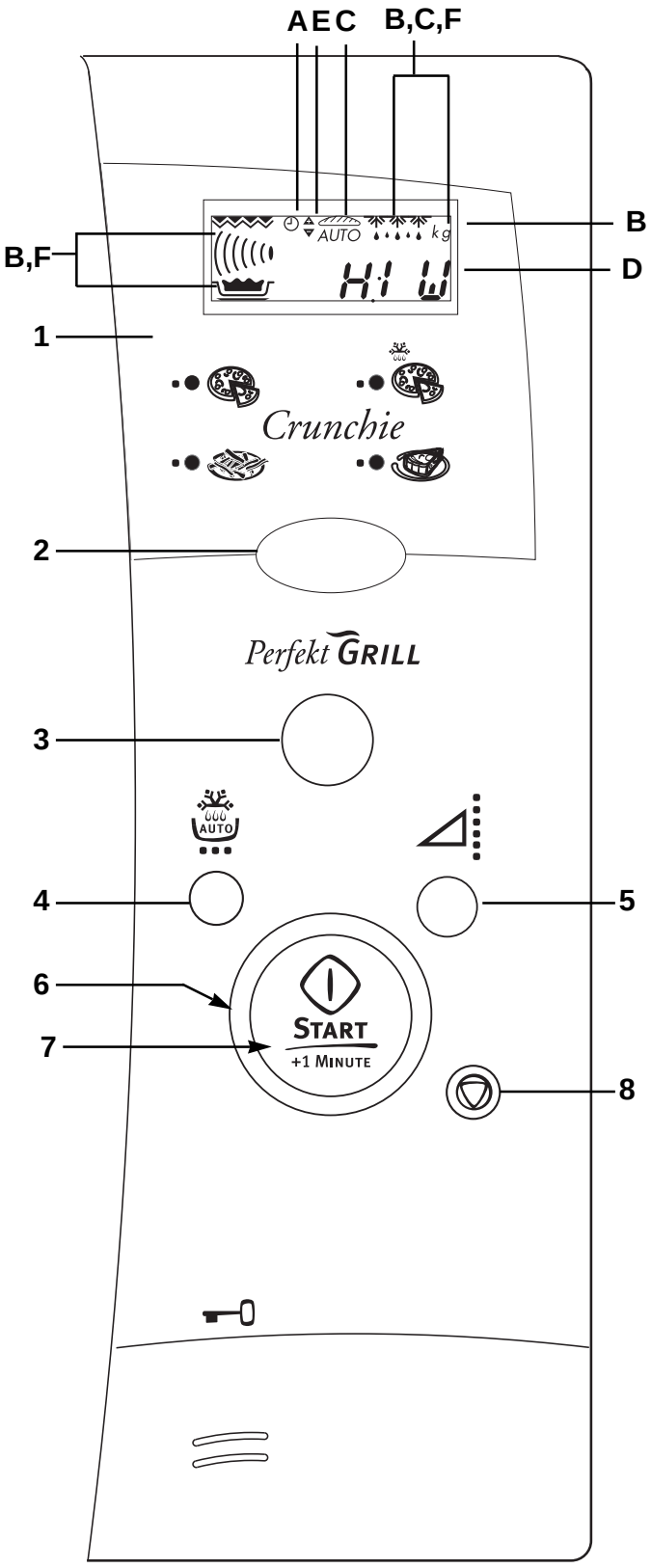


Name and function of parts

1 Latch hook and safety interlock system.
2 Viewing window. Food can be checked while the microwave oven is in operation.
3 Cooking compartment. Wipe the compartment clean after using the oven.
4 Oven door. The door must always be firmly closed while cooking.
5 Control panel.
6 Door open.
7 Drive shaft for turntable.
8 Rating plate
9 Grill.

Accessories

A Turntable support. Place the support on the floor of the cooking chamber to support the turntable.
B Grilling racks, one high and one low, used for most cooking and browning/grilling.
IMPORTANT - Use either high or low grill rack only. Do not use both grill racks at the same time.
C Turntable. Made of special heat-resistant glass. Food in a suitable container is placed on this tray for cooking. Do not use the oven without the turntable.
D. Crunch Dish for use with Crunch Dish programmes



Control panel

1 Display window - showing time of day, operating mode and cooking time
2 Crunch Dish, programmes and status neon indicator display for:
  Frozen Pizza
  Fresh Pizza
  Frozen Oven Chips/Frozen (oven cooked) potato products
  Reheating pastry (Pies, Quiche, etc.)
3 Grill
4 Auto Defrost - by weight
5 Power - for desired microwave power level
6 Setting Control Knob - to enter time and weight or quantity
7 Start - to start a desired programme or to enter a Start + 1 Minute programme
8 Clear/Stop - for interrupting or cancelling a programme and for setting the child lock

Display window

A Flashing indicator that prompts you to enter the time of day
B Flashing indicators for Crunch Dish programmes, Grill, Microwave and Auto Defrost which prompt you to enter the food quantity, weight (Kg) or cooking time
C Blue indicators for Auto Defrost and Bread Programmes. Red indicators for the grill programmes
D Power level indicator - **Hi W**/900, 750, 650, 400, 150 (defrost) and 100W respectively.
E Plus and minus arrows to enable more or less time to be set for the Crunch Dish programmes and Defrost programmes
F Flashing grill, microwave and auto defrost symbols to indicate the operational mode

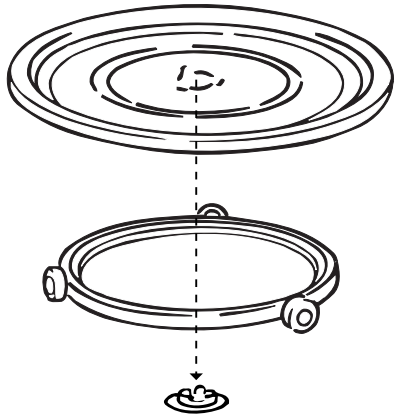
Before using your microwave oven for the first time

Turntable installation

1. Place the turntable support on the cavity bottom.

2. Place the turntable on top of the turntable support as shown in the diagram. Make sure that turntable hub is securely locked in the turntable shaft. Never place the turntable upside down.

- Both turntable and turntable support must always be used during cooking.
- All food and containers of food are always placed on this turntable for cooking.
- This turntable rotates clockwise and anticlockwise; this is normal.



Setting the clock

When your oven is plugged in for the first time or when power resumes after a power interruption, the clock symbol and numbers in the display window flash and the time is reset to 12:00.

Example: To set 4.30

1 Turn the Setting Control Knob anti-clockwise until the time of 4.30 is indicated in the display window.

2 Touch Start to lock in the time and start the clock running. The flashing clock symbol will disappear from the display.

If you need to change the time of day after setting, open the microwave oven door and press in the start button for 5 seconds. A single beep will be heard, the clock symbol and numbers in the display window flash and the time is reset to 12.00.

Example: To set to 15.45

1 Turn the Setting Control Knob clockwise until the time of 15.45 is indicated in the display window.

2 Touch Start to lock in the time and start the clock running. The flashing clock symbol will disappear from the display.

Child safety lock

This oven has a safety feature which prevents the accidental running of the oven by a child. After the lock has been set, no part of the microwave oven will operate until the child lock feature has been cancelled.

To set:		
1.		Touch Clear/Stop button so that the time of day only is displayed
2.		Touch Clear/Stop button and press in for 5 secs, 2 beeps will be heard and Loc will be displayed

While the Loc feature is set, the time of day can be checked by touching the Clear/Stop button. After approximately 5 secs, the time of day will disappear from the window and Loc will be displayed again.
To cancel the child lock, simply touch the Clear/Stop button and hold in for 5 secs, 2 beeps will be heard. Loc disappears and the the time of day display reappears in the window.

How to operate your microwave oven

Clear/Stop

If you would like to stop the oven during cooking without opening the door, touch Clear/Stop **once**. To continue cooking, touch Start.
Should food be removed from the oven before the set cooking time is completed, touch Clear/Stop **twice**.
You can turn off the oven during cooking, to stir or re-arrange food. There are two ways of doing so;

1. Just open the door, the safety mechanisms stop microwave power. To continue cooking, close the door and touch Start.
2. Touch Clear/Stop **once**, and open the door. To continue cooking, close the door and touch Start.

Function of Re-turntable

The turntable is specially designed to return to its original starting position when cooking is finished. If, however, you open the door it will stop immediately even if it has not reached the correct position. When the oven is stopped before programmed cooking time is finished, for example, by opening the door, the food should be replaced to the original position so it will return to its starting position when the cooking cycle is completed.

Microwave cooking

This basic microwave cooking method allows you to cook food for a desired time. In addition to the maximum power level, you can select different microwave power from 6 levels, **Hi W(900W)** to 100W for the foods that require slower cooking. Foods with high moisture content should be cooked on maximum power as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

Manual defrosting

For manual defrosting (without operating the Auto Defrost feature), use 150W. The blue defrost symbol appears in the window display whenever this power level is selected. To speed up the defrosting of dense foods over 450g (1lb), the oven may be started on **Hi W(900W)** power for 1-3 minutes, then reduce to 150W until defrosting is complete.

Example: To cook at 400W for 1 min 30 secs:

1		Touch Clear/Stop
2		Touch the Power button 4 times. The indicator lights up and flashes with the W (Watts) symbol
3		Turn the Setting Control Knob clockwise/anti-clockwise until 1:30 is indicated in the display window
4		Touch Start

At the end of the cooking time, the microwave power will automatically stop. The cooling fan and oven light will still be on until the turntable has returned to its original position.
When the oven has switched off completely, 3 soft audible bell sounds will be heard and the cooking symbol will flash. At this stage, it is possible to enter a further programme by setting a cooking time and/or selecting a power level. If the power level is not adjusted, it will automatically default to Power level **Hi W(900W)**. However, if there is no action taken, after approximately 1 minute 2 further soft sounds will be heard and the window display will revert to the time of day.

1. The time increments for the Setting Control Knob are as follows:

Time	Increment
0-5 min	15 secs
5-10 min	30 secs
10-30 min	1 min
30-90 min	5 min

2. The maximum time on the Setting Control Knob is 90 min and it may be turned directly clockwise from 90 min to 0/15 secs or anti-clockwise from 15/0 secs to 90 min.
3. To set the variable cooking levels the Power button should be touched as follows:

Hi W/900W	Once	
750W	2 times	
650W	3 times	
400W	4 times	
150W	5 times	
100W	6 times	
0W	7 times	(Kitchen timer)

....or touch and hold the Power button to continuously scroll through all power levels.
To check the power level set at any time during cooking, simply touch the Power button.

4. Once a microwave programme has been set, during the cooking operation the power level can be changed by touching the Power button until the required new setting is displayed. The cooking time may also be adjusted up or down in steps of approximately 30 secs by turning the Setting Control Knob clockwise or anti-clockwise as necessary.

Kitchen timer

Example: To set the kitchen timer for 7 minutes

1.		Touch the Power button 7 times. The indicator lights up and flashes with the Watts (0W) indicated
2.		Turn the Setting Control knob until 7:00 is indicated in the display window
3.		Touch Start

Microwave setting guide

Power Setting		Suggested use
0W	–	Kitchen timer
100W	Keeping warm	Keeping foods warm.
150W	Defrost	Thawing frozen foods.
400W	Simmer	Completing the cooking cycle of some pot roasts. Casseroles and stews. Baked custards or cheesecakes.
650W	Medium	Faster defrosting and reheating for casseroles and stews. Baking cakes and sponge puddings
750W	Reheat	Reheating pre-cooked foods. Roasting joints of meat and poultry.
Hi W/900W	HIGH	Boiling or reheating liquids. Cooking vegetables. Preheating a browning dish.

Start + 1 minute

The microwave oven includes a programme which gives you 60 secs of **Hi W(900W)** power by touching the Start + 1 minute button.
This is a convenient feature when in a hurry and is ideal for quickly reheating small quantities of liquid such as forgotten cup of coffee or mug of soup or a small food portion which has cooled slightly before serving.

To set:

1. Touch the Start + 1 minute button.

Repeated pressing of the Start button will add 60 seconds to the Cook/Reheat time
Ensure liquids are stirred and check that food is piping hot before serving – if necessary repeat the Start +1 minute programme.
At the end of the heating time, the programme will automatically stop. The cooling fan and oven light will still be on until the turntable has returned to its original position.
When the oven has switched off completely, 3 soft audible bell sounds will be heard and the cooking symbol will flash. At this stage, it is possible to enter a further programme. However, if there is no action taken, after approximately 1 minute, 2 further soft sounds will be heard and the window display will revert to the time of day.

Grill cooking

This method is ideal for cooking small, thin cuts of meat, toasting bread or muffins or browning the tops of dishes such as potato gratins and lasagne after cooking by microwave. Remember that the oven and dishes will be hot.

Example: Set oven to Grill for 15 minutes:

1		Touch Clear/Stop
2		Touch the Grill button once
3		Turn the Setting Control Knob clockwise to 15.00 minutes
4		Touch Start

At the end of the cooking time, the grill will automatically stop. The cooling fan and oven light will still be on until the turntable has returned to its original position.
When the oven has switched off completely, 3 soft audible bell sounds will be heard and the grill symbol will flash. At this stage, it is possible to enter a further programme. However, if there is no action taken, after approximately 1 minute, 2 further soft sounds will be heard and the window display will revert to the time of day.

During the grill operation, it is possible to adjust the length of cooking time required by turning the Setting Control Knob clockwise or anti-clockwise to increase or decrease the remaining time in the display in steps of approximately 30 secs. It is not possible to change the grill function.
Microwave power of 150W or 450W can be added by touching the Power button.

Microwave and Grill cooking

This oven offers a choice of 2 microwave and grill settings and allows you to combine the advantages of the speed and convenience of Microwave with the browning and crisping benefits of a Grill.

Grill with Microwave 450W (touch the grill button twice)

Grill with Microwave 150W (touch the grill button three times)

Example: Set Dual Cooking using Grill with Micro 150W for 25 minutes:

1		Touch Clear/Stop
2	Perfekt Grill	Touch the Grill button 3 times
3		Turn the Setting Control Knob clockwise until 25.00 is displayed
4		Press Start

At the end of the cooking time, the grill and microwave will automatically stop. The cooling fan and oven light will still be on until the turntable has returned to its original position.

When the oven has switched off completely, 3 soft audible bell sounds will be heard and the grill symbol will flash. At this stage, it is possible to enter a further programme. However, if there is no action taken, after approximately 1 minute, 2 further soft sounds will be heard and the window display will revert to the time of day.

i During the microwave and grill operation, it is possible to adjust the length of cooking time required by turning the Setting Control Knob clockwise or anti-clockwise to increase or decrease the remaining time in the display in steps of approximately 30 secs. It is not possible to change the grill and microwave function.
Microwave power can be changed between 450W, 150W and 0 W by touching the Power button.

Auto Defrost

Auto Defrost by Weight is an accurate defrosting method for frozen meat, poultry or fish.
The plus ⏃ or minus ⏃ adjust keys may be selected via the Power button and are used to increase or decrease the preset defrosting times as required. No other changes to the programmes are possible, so if necessary, cancel and re-programme as required. The feature also has a built-in pause mechanism to allow for checking and stirring or rearranging the food. The oven stops approximately one-third of the way through the defrost period and 2 soft audible bell sounds are emitted. If you do not open the door at the pause, the oven restarts after about 2 minutes and commences the remaining defrost period. To cancel the pause period, simply touch Start and the programme will continue.

i The maximum amount of food which may be thawed on Auto Defrost is 2kg and the weight increments are in 0.1kg (100g).

Example: To defrost 1200g of food using adjust plus ⏃ (or minus ⏃).

1		Touch Clear/Stop
2		Touch Auto Defrost button
3		Turn the Setting Control Knob clockwise until 1.2kg is displayed
4		Touch the Power button once and ⏃ will be displayed (or 2 times for ⏃)
5		Touch Start

At the end of the defrosting time, the programme will automatically stop. The cooling fan and oven light will still be on until the turntable has returned to its original position.

When the oven has switched off completely, 3 soft audible bell sounds will be heard and the cooking symbol will flash. At this stage, it is possible to enter a further programme. However, if there is no action taken, after approximately 1 minute, 2 further soft sounds will be heard and the window display will revert to the time of day.

Defrosting Tips

1. It is better to underestimate defrosting time if you are unsure. Food will continue to defrost during the standing time.
2. Separate food as soon as possible.
3. Turn large items, e.g. joints, halfway through the defrosting time, or at pause.
4. Remove any thawed food as soon as possible.
5. Remove or open any packaging before defrosting.
6. Place food in a larger container than that which it was frozen in, this will allow for easy stirring.
7. Begin thawing poultry, breast side down and turn over halfway through defrosting time or at pause. Delicate areas such as wing tips can be shielded with small pieces of smooth foil.
8. Standing time is very important, particularly for large, dense foods which cannot be stirred to ensure that the centre is completely defrosted before cooking.

Bread Defrosting

Built into the Auto Defrost feature is a special programme for thawing bread. The quantities which can be thawed using this feature is 0.1-0.6kg (100-600g) in weight increments of 0.05kg (50g).

Example: To defrost 450g loaf:

1		Touch Clear/Stop
2		Touch Auto Defrost button 2 times. The Auto Defrost and Bread symbols will be displayed
3		Turn the Setting Control Knob until 0.45kg is displayed
4		If required, touch the Power button once or twice to select the plus or minus adjustment
5		Touch Start

Crunch Dish programmes

The Crunch Dish programming feature allows you to simply and automatically cook a range of popular foods. Your oven offers the following Crunch Dish programmes :

Food	Symbol	Microwave mode
Fresh Pizza		Microwave plus grill
Frozen Pizza		Microwave plus grill
Frozen Oven		
Chips, etc.		Microwave plus grill
Reheat pastry		Microwave plus grill

The operation is very easy. Simply touch the appropriate button the correct amount of times, or touch and hold to scroll through all Crunch Dish programmes, (see directions below) and touch Start.

Depending on the chosen programme, either the microwave or microwave plus grill symbols will flash in the window display.
The plus ⏃ and minus ⏃ adjustments can be used to increase or decrease the cooking time to produce food to personal preference.

For best results, please follow the guidelines in the Crunch Dish programmes chart.

Example: To cook by Crunch Dish programme a frozen 400g Pizza, well done:

1		Touch Clear/Stop
2		Touch Crunch Dish button, 2 times
3		Turn the Setting Control Knob clockwise until 0.4kg is displayed
4		Touch the Power button once to select the plus ⏃ adjustment
5		Touch Start

At the end of the Crunch Dish programmes time, the programme will automatically stop. The cooling fan and oven light will still be on until the turntable has returned to its original position.

When the oven has switched off completely, 3 soft audible bell sounds will be heard and the cooking symbol will flash. At this stage, it is possible to enter a further programme. However, if there is no action taken, after approximately 1 minute, 2 further soft sounds will be heard and the window display will revert to the time of day.

Crunch Dish programme quantities

Enter the amount required by turning the Setting Control Knob

		Touch Crunch Dish Button	Turn Setting Control Knob To Cook
Fresh Pizza		Once	0.1 to 0.6 kg (100 to 600g) in 50g increments
Frozen Pizza		2 times	0.1 to 0.6 kg (100 to 600g) in 50g increments
Frozen Oven Chips/Frozen (oven cooked) potato products		3 times	0.1 to 0.4 kg (100 to 400g) in 50g increments
Reheat pastry		4 times	0.05 to 0.7 kg (50 to 700g) in 50g increments

Microwave Hints

- Always keep the oven clean – avoid spill-overs and do not forget to clean under the glass tray and the inside of the door.
- Preferably use round or oval casseroles with a lid when cooking in your microwave oven.
- Do not use metal or metal decorated casseroles. Certain plastic materials can melt and be warped by hot food.
- Cover the food when cooking. Use a glass lid, a plate or grease proof paper.
- Pastry, bread and the like can be defrosted directly in a bread basket or on a paper towel.
- If frozen food is heated in its packaging, the packaging should be opened. Packaging containing metal or metal decoration must not be used unless specifically recommended for use in the microwave. Remove metal clips and wire ties.
- Smaller pieces of aluminium foil can be used to cover parts that easily over cook such as chicken legs.
- Food with peel or skin should be pierced with a fork – e.g. potatoes and sausages. Do not boil eggs in the microwave oven as they can explode.
- Put large, thick pieces close to the edge of the casserole and try to cut the food in to even sized pieces. Always place the food in the centre of the oven.
- The food will be evenly cooked if you stir or turn it a few times.
- Always set a shorter cooking time than indicated in your recipe to avoid over cooking. The larger the amount of food the longer it takes.
- Use little or no water for vegetables.
- Use less salt and spices than for 'normal' cooking.
- Season afterwards.
- Allow a few minutes 'standing' time after the oven has switched off to ensure complete and even cooking results.
- Always ensure food is piping hot throughout before serving.
- Use pot holders or gloves when taking dishes and food from the oven.

Microwave Tips

- **Softening Honey**
  If you have a jar of honey which has crystallised, remove lid and place the jar in the oven, microwave on medium power for 2 minutes.
- **Melting Chocolate**
  Break 100g of chocolate into squares, place in a bowl and heat on high power for 1-2 minutes and stir well.
- **Softening or Melting Butter**
  Melting takes a few seconds on high power. Softening is best done more gently on low power.
- **Freshen or Warm Bread**
  Use medium power for few seconds.
- **Peeling Garlic easily**
  Heat 3 or 4 cloves of garlic on high power for 15 seconds. Squeeze at one end until the clove pops out.
- **Fruit Juice**
  Citrus fruits will yield more juice if they are heated on high power for 15 seconds before squeezing.
- **Cooking Porridge**
  Porridge is easily cooked in the serving dish with no sticky pan to wash. Follow food manufacturers' recommendations.

Oven utensils and accessories guide

A variety of Utensils and Materials may be used for cooking in your microwave oven. For your safety and to prevent damaging utensils and your oven choose appropriate utensils and materials for each cooking method. The list below is a general guide.

Material	Utensils	Microwave Cooking	Browner/Grill Cooking	Microwave and Grill cooking
Ceramic & Glass	Corning ware	YES	YES	YES
Heat resistant glass ware	YES	YES	YES	
Glass ware with metal decoration	NO	NO	NO	
Lead crystal glass	NO	NO	NO	
China	Without metal decoration	YES	YES	YES
Pottery		YES	YES	YES
Plastic	Microwave oven heat-proof wear	YES	NO	NO
	Plastic wrap	YES	NO	NO
Metal	Metal baking pan	NO	YES	NO
	Aluminium foil*	YES	YES	YES
Paper	Cups, plates, towels	YES	NO	NO
Waxed paper		YES	NO	NO
Wood		NO	NO	NO
Accessories	Grill rack	NO	YES	YES
	Turntable	YES	YES	YES
	Turntable support	YES	YES	YES

YES: Utensils and accessories to use NO: Utensils and accessories to avoid

*NOTE: Use aluminium foil only for shielding purposes, over use may cause arcing.

Charts

Recommendations for cooking with Grill

Most foods should be placed on the high grilling rack with a dish placed underneath to catch any food spillage or juices to minimise cleaning. Turn all food halfway through the cooking time.

Food	QTY (Weight)	Cooking time	Special notes
Toast	2 Slices	5 – 6 min	
Cheese with Toast	4 slices	7 – 8 min	5 – 6 min. to toast. 2 min. with topping

General recommendations for cooking with Microwave and Grill

Use roasting rack on turntable for roast beef and pork, shield thin parts and edges. Place a dish on the turn-tables under the grill rack to catch food spillage and juices. Turn food, as appropriate during the cooking time.

Food	QTY (Weight)	Power Selector position	Cooking time	Special notes
Bacon	4 (100 g)	Grill+150W	7- 9 min	
Roast Beef (Boned)	900 g	Microwave only 750W	25 min	Brush with oil. Season with salt and pepper. Allow 15 – 20 minutes standing time after cooking.
Roast Pork (Loin)	900 g	Grill+150W	5 - 6 min	
Pork Chops	2 - 3 (450 g)	Grill+150W	20 - 25 min	Brush with oil. Season with salt, pepper and paprika.
Chicken, Halved lengthwise Legs	450 g 800 g	Grill+450W Grill+150W	15 - 20 min 25 - 30 min	Brush with oil. Season with salt, pepper and paprika.
Hamburger Frozen	4 (200 g)	Grill+150W	12 - 15 min	
Sausages	450 g Only	Grill+150W	10 - 15 min	
Fish Steak	2 (350 g)	Grill+150W	22 – 24 min	Brush with oil, Season with salt and pepper.
Potato, Hash Brown Frozen	2 (150 g)	Grill+150W	16 – 18 min	

Recommendations for Defrosting using 150W

Some foods such as cakes and fruit will not defrost successfully using Auto Defrost. However these foods can be successfully thawed manually by using the 150W power setting. The information on loaves and rolls given in the chart below gives an alternative method of defrosting bread to the Auto Defrost Bread programme.

FOOD	PREPARATION	(150W)	STANDING TIME
Bread			
Small loaf	Place on microwave-proof rack or kitchen paper. Turn over halfway through defrosting time.	8–10 min.	10–15 min.
Sliced large loaf	Place on microwave-proof rack or kitchen paper. Turn over halfway through defrosting time.	10–13 min.	10 min
2 slices	Place on kitchen paper.	45–60 sec.	5 min.
1 bread roll	Place on kitchen paper.	45–60 sec.	5 min.
2 bread rolls	Place on kitchen paper.	1–11/2 min.	5 min.
Cakes and Pastry			
Gateau 450g/1 lb	Remove from packaging, place on plate.	9–11 min.	15–30 min.
Cheesecake 450g/1 lb	Remove from packaging, place on plate.	9–11 min.	15–30 min.
Pie (cooked) 450g/1 lb	Remove from packaging, place on plate.	7– 9 min.	15–30 min.
Pastry 450g/1 lb	Remove from packaging, place on plate.	7– 9 min.	15–30 min.
Butter			
250g/8.8 oz (1 packet)	If foil wrapped, remove from wrapper and place on a plate	3– 4 min.	5–10 min.
Fruit			
225g/8 oz Soft berry fruits	Place in a single layer in a shallow dish.	5– 6 min.	5–10 min.
450g/1 lb Soft berry fruits	Place in a single layer in a shallow dish.	7– 8 min.	5–10 min.
Plated meal			
400g/14 oz	Cover with a plate or non P.V.C. cling film. To reheat, microwave on Hi W(900W) for 3–4 minutes.	7– 8 min.	5–10 min.
Vegetables	It is not necessary to defrost vegetables before cooking. All vegetables can be thawed and cooked on Hi W(900W)		

Auto Defrost chart

FOOD	ADJUST	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
Beef				
Cubed	NO		Remove any thawed cubes and stir, ensuring that the frozen cubes are around the edge of the dish.	10–15 min
Minced	▽		Remove any thawed portions and turn over.	5–10 min.
Beef Joint	⚠	Place on an upturned saucer on a plate or on a microwave-proof rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil from outer edges but leave on thin areas. Turn over.	30–40 min.
Steak	NO	If frozen in a block, separate as soon as possible. Shield outer edges with smooth pieces of foil.	Remove foil and turn over.	10–15 min.
Lamb				
Cubed	NO	Place in an even layer in a shallow dish.	Remove any thawed cubes and stir. Ensure that the frozen cubes are around the edge of the dish.	10–15 min.
Chops/Cutlets	NO	If frozen in a block separate as soon as possible. Arrange chops so the thinner ends are towards the centre of the turntable. Shield outer edges with smooth pieces of foil.	Remove foil and turn over.	10–15 min.
Lamb Joint	⚠	Place on an upturned saucer on a plate or on a microwave-proof rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil and turn over.	30–40 min.
Pork				
Chops	NO	If frozen in a block, separate as soon as possible. Arrange chops so the thinner ends are towards the centre of the turntable. Shield thin areas and outer edges with smooth pieces of foil.	Turn over, shield outer edges and thin ends with foil.	10–15 min.
Sausages	▽	If frozen in a block, separate as soon as possible. Shield both ends of the sausages with smooth pieces of foil.	Rearrange and remove any sausages that have thawed.	10–15 min.

Auto Defrost chart

FOOD	ADJUST	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
Bacon	▽	Separate as soon as possible. Shield both ends of bacon with smooth pieces of foil.	Separate. Remove any thawed slices, arrange remaining slices in a single layer and shield both ends with smooth pieces of foil.	5–10 min.
Spareribs	NO	If frozen in a block, separate as soon as possible. Shield both ends with smooth pieces of foil.	Remove foil. Turn over, re-arrange and remove any thawed pieces.	10–15 min.
Pork Joint	△	Place on a upturned saucer on a plate or on a microwave-proof rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil and turn over.	30–40 min.
Chicken				
Whole	△	Use an upturned saucer on a plate or a microwave-proof rack. Place chicken breast side down. Shield wings, legs and neck with smooth pieces of foil.	Remove foil. Turn over and shield warm areas with foil.	30–40 min.
Pieces	NO	Shield thin parts such as tips with smooth pieces of foil. Arrange so thicker parts are towards the outside of the dish.	Remove foil. Turn over, arrange so thicker parts are towards the outside of the dish.	10–15 min.
Turkey				
Pieces	NO	Use a microwave-proof rack or shallow dish. Shield thin parts with smooth pieces of foil. Arrange so thicker parts are towards the outside of the dish.	Remove foil. Turn over and shield any warm areas.	10–15 min.
Fish				
Fillets	NO	Use a shallow dish or microwave-proof rack. Arrange fillets in an even layer. If frozen in a block, separate as soon as possible. Shield tail and thin ends with smooth pieces of foil.	Remove foil, turn over, rearrange and arrange tail ends under thicker parts of fish.	5–10 min.

Auto Defrost chart

FOOD	ADJUST	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
Steaks	NO	Use a shallow dish or microwave-proof rack. Arrange steaks in an even layer. If frozen in a block, separate as soon as possible. Shield outer edges of steaks with smooth pieces of foil.	Remove foil, turn over and rearrange.	5–10 min.
Whole fish	NO	Use a shallow dish or microwave-proof rack. If more than one fish, arrange head to tail. Shield ends with smooth pieces of foil.	Remove foil, turn over and rearrange.	5–10 min.

Crunch Dish programme chart

FOOD QUANTITY	START TEMP	PREPARATION	END PREHEAT	STAND	ADJUST
Fresh Pizza					
100 - 600g	3-5°C	Remove all packaging and ensure topping is evenly spread on top of pizza. For best results, weigh the pizza. Touch **Crunch Dish button** once to select **Fresh Pizza**, enter weight of pizza. Place **empty Crunch dish** on turntable. Press **Start** the Crunch dish will now preheat. After the **Crunch Dish** has preheated placethe fresh pizza on the Crunch dish on the turntable. Press **Start** and the pizza will begin to cook. **NOTE: TAKE CARE AS CRUNCH DISH BECOMES VERY HOT.**	Add Food	2-3 min	⚠ For a well cooked finish.
Frozen Pizza					
100 - 600g	Frozen -18°C	Remove all packaging and ensure topping is evenly spread on top of pizza. For best results, weigh the pizza. Touch **Crunch Dish** twice to select **Frozen Pizza**, enter weight of pizza. Place **empty Crunch dish** on turntable. Press **Start** the Crunch dish will now preheat. After the **Crunch Dish** has preheated place the frozen pizza on the Crunch dish on the turntable. Press **Start** and the pizza will begin to cook. **NOTE: TAKE CARE AS CRUNCH DISH BECOMES VERY HOT.**	Add Food	2-3 min	⚠ For a well cooked finish.

Crunch Dish programmes chart

FOOD QUANTITY	START TEMP	PREPARATION	END PREHEAT	STAND	ADJUST
Frozen Oven Chips/Frozen (oven cooked) potato products 100 - 400g	Frozen -18°C	Touch **Crunch Dish** 3 times to select **Frozen Oven Chips**, enter weight of frozen chips. Place empty **Crunch Dish** on turntable. Press **Start** the Crunch dish will now preheat. After the **Crunch Dish** has preheated place the frozen chips on the Crunch dish on the turntable. Press **Start** and the frozen chips will begin to cook. Halfway through cooking time, turn the chips over, press **Start** to recommence cooking. **NOTE: TAKE CARE AS CRUNCH DISH BECOMES VERY HOT.**	Add Food	2-3 min	For cooking larger frozen potato items such as thick cut oven chips, potato waffles or wedges.
Reheat Snacks Pies, pasties and sausage rolls. 50 - 700g	3-5°C	Touch **Crunch Dish** 4 times to select **Reheat Snacks**, enter weight of food. Place empty **Crunch Dish** on turntable. Press **Start** the Crunch dish will now preheat. After the **Crunch Dish** has preheated place food to be cooked on the Crunch dish on the turntable. Press **Start** and the food will begin to reheat **NOTE: TAKE CARE AS CRUNCH DISH BECOMES VERY HOT.**	Add Food	2-3 min	For re-heating whole quiches and quiche slices. Also for reheating of slices of pies and small buffet size sausage rolls etc.

Care and cleaning

The oven must always be clean. Residue of food from spill-overs or spatters will attract microwave energy causing it to burn on. This could reduce the efficiency of the oven and may cause bad odours. Do not attempt to tamper with or make any adjustments or repairs to any part of the oven. Repairs should only be done by a qualified service technician.

⚠ Be sure the oven is off or the unit is unplugged before cleaning.

Care and cleaning (grill)

The element may be stained with spattered fat or oil while the oven is in use. Wait until the cavity cools down and wipe off the spattered oil before next using of the oven. Stains grill may cause unpleasant odours and smoke.

Cleaning the accessories (crunch dish, turntable, support and rack)

Clean them with mild detergent after removing them for the cavity. Turntable support should be carefully handled.

⚠ The inside of the oven and turntable get very hot, so do not touch them immediately after use.

Cleaning the interior

Always keep the inside of the oven clean. Wipe up spill-overs and food spatters immediately. Soil that is allowed to remain on the oven walls, door seal and door surface will absorb microwave energy, reduce the efficiency of the oven, and possibly damage the oven interior.

Use mild, liquid detergent, warm water and a soft, clean cloth to remove soil. **NEVER USE ABRASIVE CLEANERS, COMMERCIAL OVEN CLEANERS OR STEEL WOOL PADS ON ANY PART OF THE MICROWAVE OVEN.**

To loosen difficult soil, boil a cup of water in the microwave oven for 2 or 3 minutes. **NEVER USE A KNIFE OR ANY UTENSIL TO REMOVE SOIL FROM OVEN SURFACES.**

To remove odours from the oven interior, boil a cup of water plus 2 tablespoons of lemon juice for 5 minutes.

Cleaning the exterior

Open the oven door when cleaning the control panel. This will prevent the oven from being turned on accidentally. You should clean outside surfaces of the oven with mild liquid detergent and water followed by a wiping with clear water to remove any excess detergent. Dry with a soft cloth.

Spray-on window cleaners or all purpose spray-on kitchen cleaners can also be used. Never use abrasive cleaners, scouring pads or harsh chemicals on outside surfaces of your oven. To prevent damage to the working parts, do not allow water to seep into ventilation openings.

Service and spare parts

If the appliance does not work please carry out the following checks before contacting your local service centre.

If the oven does not come on:

- Check the appliance is connected correctly.
- Check that the oven is plugged in properly.
- Replace the fuse in the plug, if required, with another of the same rating and check that the plug has been wired correctly.
- Check that the socket switch and/or the switch from the mains supply to the oven are ON.
- Check that the socket is receiving power, by plugging in an appliance you know to be working.
- Check that the the fuse in the fuse box is intact.

If the microwave does not function:

- The child safety lock may have been set.
- Check the controls are set correctly.
- Check settings/procedures against the booklet
- Check the door closes properly (if food particles or other objects have become stuck inside the door, it will not close properly and microwave cooking will not take place).
- Check the start pad has been depressed.
- If the grill function has been used, the oven may not have cooled sufficiently.

Service and spare parts are offered by Electrolux Service. When you order service or spare parts, please refer to the product and model number of the microwave oven. You will find these on the data plate. Write them down here below so you have them handy whenever you need them.

Model: ----------

Serial number: ----------

Date of purchase: ----------

N.B. Remember to save your receipt.

Electrolux Service centres

Please refer to your local telephone directory for Service Centre details which can be found in the Local Telephone Directory white pages under Electrolux.